Menadiol sodium phosphate tablets

Menadiol sodium phosphate is a man-made form of vitamin K for people who cannot absorb sufficient vitamin K from food.

Vitamin K is important for blood clotting - a lack of it can lead to unwanted bleeding.

Take the tablets regularly every day.

About menadiol sodium phosphate

<table>
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<tr>
<th>Type of medicine</th>
<th>A form of vitamin K</th>
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<td>Used for</td>
<td>Prevention of vitamin K deficiency</td>
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<tr>
<td>Also called</td>
<td>Menadiol diphosphate, menadiol phosphate, menadiol</td>
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<td>Available as</td>
<td>Tablets</td>
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Vitamin K is a fat-soluble vitamin which is essential for blood clotting. It also plays a role in bone health.

A lack of vitamin K can lead to unwanted bleeding. Most people can get sufficient vitamin K from the food they eat. It occurs naturally in many foods, especially green leafy vegetables such as cabbage and spinach, green peas and beans, watercress, asparagus, broccoli, oats and whole wheat. Menadiol sodium phosphate is an alternative form of vitamin K for people who are unable to absorb sufficient vitamin K from their diet because of difficulties absorbing fatty substances. It is a man-made, water-soluble form of vitamin K which can help prevent deficiency.

Before taking menadiol sodium phosphate

To make sure that this is the right treatment for you, before you start taking the tablets it is important that your doctor or pharmacist knows:

- If you have been told you have either vitamin E deficiency or glucose-6-phosphate dehydrogenase (G6PD) deficiency (this is an inherited disorder which causes problems after eating foods such as fava beans).
- If you are pregnant or breastfeeding. This is because you may need to stop taking menadiol sodium phosphate towards the end of your pregnancy.
- If you are taking any other medicines. This includes any medicines you are taking which are available to buy without a prescription, as well as herbal and complementary medicines.
- If you have ever had an allergic reaction to a medicine.
How to take menadiol sodium phosphate

- Before you start the treatment, read the manufacturer's printed information leaflet from inside your pack. It will give you more information about the tablets.
- Take menadiol sodium phosphate exactly as your doctor tells you to. Your dose will be adjusted to suit you, but it is usual for an adult to take 1-4 tablets daily. Your doctor will tell you what the right dose is for you, and this information will also be printed on the label of the pack of tablets to remind you about what the doctor said to you.
- You can take the tablet at whatever time of day you find easiest to remember, but try to take your doses at the same time of day, each day. You can take the tablet either before or after a meal.
- If you forget to take a dose at your usual time, take it as soon as you remember. If you do not remember until the following day then leave out the missed dose - do not take two doses together to make up for a forgotten dose.

Getting the most from your treatment

- Try to keep your regular appointments with your doctor. This is so your doctor can check on your progress.

Can menadiol sodium phosphate cause problems?

Menadiol sodium phosphate is unlikely to cause any unwanted side-effects. Very occasionally, there can be a problem with red blood cells which can lead to anaemia or jaundice. Although this happens only rarely, if you develop any yellowing of your skin or the whites of your eyes, or if you think you may be anaemic, you should tell your doctor.

If you experience any other symptoms which you think may be due to the tablets, please speak with your doctor or pharmacist for further advice.

How to store menadiol sodium phosphate

- Keep all medicines out of the reach and sight of children.
- Store in a cool, dry place, away from direct heat and light.

Important information about all medicines

If you buy any medicines 'over the counter', check with a pharmacist that they are safe to take with your prescribed medicines.

If you are due to have an operation or dental treatment, please tell the person carrying out the treatment which medicines you are taking.

Never take more than the prescribed dose. If you suspect that you or someone else might have taken an overdose of this medicine, go to the accident and emergency department of your local hospital. Take the container with you, even if it is empty.

This medicine is for you. Never give it to other people even if their condition appears to be the same as yours.

Do not keep out-of-date or unwanted medicines. Take them to your local pharmacy which will dispose of them for you.

If you have any questions about this medicine ask your pharmacist.
Further reading & references

- Manufacturer's PIL, Menadiol Diphosphate Tablets 10 mg; Alliance Pharmaceuticals, The electronic Medicines Compendium. Dated April 2018.

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